

When my loved one returns home...

Your loved one has done a lot of changing while in SAP. You may notice those changes immediately and you may not. As risky as it may feel to give them another chance to prove they are different and are willing to do whatever it takes to stay sober, please keep these things in mind:

- Support their decisions to continue in treatment: That may mean continuing with AA, NA, or Celebrate Recovery. That could mean attending therapy and taking appropriate psychotropic medications. That could also mean using medication assisted treatment, Vivitrol (opiate and alcohol blocker).
- Consider attending family therapy with your loved one to repair any brokenness in your relationship. Watch for co-occurring disorders
- Continuing your recovery journey, Al-Anon

Resources:

For Al-Anon Meetings or Information: [https://al-anon.org/\(502\)458-1234](https://al-anon.org/(502)458-1234)

For Alcoholics Anonymous Meetings or Information: [http://www.aa.org/\(888\)486-0889](http://www.aa.org/(888)486-0889)

For Narcotics Anonymous Meetings or Information: [https://na.org/\(859\)253-4673](https://na.org/(859)253-4673)

For Information about the Kentucky Department of Corrections (DOC):

<https://corrections.ky.gov/Pages/default.aspx>

For more Information about KY DOC Substance Abuse Program:

<https://corrections.ky.gov/depts/SAP/Pages/default.aspx>

Alateen is a subsidiary of Al-Anon for teens affected by a loved one's alcoholism. In most cases, participants in Alateen meetings are minor children of alcoholics.

Adult Children of Alcoholics is a support group for adults whose childhood was affected by a parent's addiction to alcohol or other drugs.

Co-Dependents Anonymous is a support group for people who have become abnormally reliant on helping others.

Angel Program, Jeffersonstown Police linkage to treatment (502) 267-0503

How Can I Support My Loved One Throughout SAP?

When a loved one is required to attend a Substance Abuse Program (SAP) it can be quite overwhelming for their family and/or friends. They may not know how to appropriately support their loved one. This brochure will help answer some questions and give you resources on what you need to know.



Before my loved one enters SAP...

Change is difficult for anyone, especially for those suffering from addiction who may be used to living a life of chaos. Your loved one will be entering into a treatment program where practicing patience, accountability, and responsibility is required. The decision to enter into a substance abuse program can seem daunting and scary. Here are some things to do while your loved one is awaiting a treatment bed:

- Support and celebrate their decision. Many people have the misconception that needing treatment is a sign of weakness.
- Learn as much as you can about the disease of addiction, its causes, effects, dealing with cravings, and preventing relapse.
- Attend Al-Anon groups in your area. Being around others that have similar life experiences involving loving someone with an addiction can provide comfort, build confidence and increase knowledge.
- Become familiar with the 12 Steps for Recovery.
- Become aware of what enabling is and the dangers it can present to those in recovery.



While my loved one is in SAP...

- Stay connected. Encourage communication on good days and bad. Regular contact through mail, visits, or phone calls is an integral part of recovery, helps you to understand what they are experiencing, and helps them to practice effectively communicating their thoughts and feelings with their support team.
- You may notice subtle differences in your loved one such as tone of voice or how they interact. You may see big changes such as a desire to move or cut ties with negative people. Encourage and celebrate positive changes to motivate your family member to continue moving forward.
- Ask questions about what your loved one anticipates gaining from the program, what they are learning throughout, and how they foresee utilizing newfound skills once released. Asking questions will strengthen the connection between you, help you to gain a better understanding of their perspective, and allow them to feel supported and heard.
- You can help by allowing them to practice coping techniques, stress-relief skills, and positive behaviors.
- Share updates and information about home; your loved one will feel more included and more likely to be focused on recovery if they aren't worried about home.
- Celebrate your loved one's achievements and recognitions in the program
- Be honest and up front about your expectations and communicate boundaries in a clear, concise manner
- Become familiar with the different types of Recovery programs such as: Alcoholics Anonymous, Celebrate Recovery, Narcotics Anonymous, SMART Recovery, Women for Sobriety, etc.
- Begin to learn the difference between enabling and supporting (see other SAP brochures for information on enabling)

When my loved one has finished SAP but not returned home...

Many of your loved ones will return to the community after they finish treatment, but for various reasons some will not immediately return home. For those people, here are some ways to continue providing support:

- Encourage them to develop skills to facilitate success. Suggest they enroll in additional programs, technical / vocational classes, or continuing education to enhance their financial and emotional stability. Have them speak with their counselor, program staff, CTO, or parole officer for positive programs they can do while awaiting their return to the community or home. Those can consist of: Parenting, MRT, New Directions, Trauma, GED, etc.
- Prepare for return: Having your loved one discuss their relapse prevention plan with you including their triggers and behaviors to recognize if they are heading towards relapse.
- Discuss with your loved one any obstacles or difficulties you or they may face when they actually return to the community or home.
- Begin to discuss boundaries with your loved one. Discuss if you will let them live with you, what rules they are expected to follow, what limitations they will have.
- Research alternative housing options for when they re-enter the community.
- Continue your recovery journey & Al-Anon.